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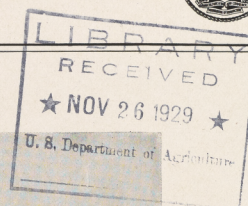
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# GOOD SOURCES OF VITAMINS A AND D



23961-C

Foods rich in vitamin A: Egg yolk, whole milk, butter, cream, cod and other fish-liver oils, and spinach.

Good to rich sources of vitamin A: Fish livers and liver of pork, beef, lamb, or veal.

Good sources of vitamin A: Pineapple, dried prunes, string beans, beet leaves, carrots, Swiss chard, dandelion greens, lentils, lettuce, peas, Hubbard squash, tomatoes, fish roe, whole cream cheese, whole wheat bread made with milk, avocados, green celery, oysters, and eggs.

Fair to good sources of vitamin A: Bananas, orange juice, sweet potatoes, green cabbage, oleomargarine, and clams.

Vitamin A aids in promoting growth, vigor, and reproduction. It prevents xerophthalmia, which is an eye disease often resulting in blindness. Vitamin A aids in resisting infection.



23960-C

Foods which are rich in vitamin D are cod-liver oil, egg yolk, and fish livers. Vitamin D promotes proper development in bones and teeth, and prevents and cures rickets.

Prepared by Office of Cooperative Extension Work, Extension Service, in cooperation with the Bureau of Home Economics, and Committee on Vitamin Research, United States Department of Agriculture, Washington, D. C.